December 2009

2008-2009 Annual Report

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2008–2009
ANNUAL REPORT
University of Nebraska–Lincoln Extension in Lancaster County
444 Cherrycreek Rd., Suite A, Lincoln, NE 68528 • (402) 441-7180 • http://lancaster.unl.edu

Know how. Know now.

Land-grant universities work with the people they serve. University of Nebraska–Lincoln teaches, discovers new knowledge through research, and extends this research-based information across the state through extension programs. UNL Extension in Lancaster County develops and delivers educational programs which strengthen individuals, families, businesses and communities.

2009 Program Highlights

University of Nebraska–Lincoln Extension in Lancaster County responds to the evolving needs of Lancaster County residents. Here are some new programs or existing programs which gained extra emphasis this past year.

Bed Bug Education

Bed bugs are a growing problem in Lincoln and other Nebraska communities. To meet the need for research-based information, entomologist Barb Ogg has created several bed bug resources in print and online. This year she presented four bed bug workshops for landlords/property managers and others who need to know about managing bed bugs. She has worked with the Lincoln-Lancaster County Health Department and pest control companies on problem cases. Ogg is known as an expert on problem cases. Ogg is known as an expert.

Grain Drying and Storage Management

A cool summer and wet fall delayed the 2009 harvest in much of Nebraska. Many crop producers had to handle and dry higher-than-usual moisture grain. Extension Educator Tom Dorn is extension's state-wide contact for grain storage questions. This year, he perfected an Excel spreadsheet grain drying model which he used to provide customized advice to nearly 200 producers asking about length of time to dry grain, maximum depth to fill their drying bins and/or how to keep energy costs low. Dorn summarized his Excel drying model in five "CropWatch" articles which were then reproduced and referenced in dozens of publications and blogs across the nation.

Handwashing Resources

With the spread of H1N1 flu virus came a nation-wide emphasis on proper handwashing techniques. Handwashing is the most effective way to prevent the spread of illness according to the Centers for Disease Control and Prevention.

Free handwashing materials on the Web — extension has previ- ously partnered with the Lincoln-Lancaster County Health Department to develop several handwashing materials which are available free on the Web an English/Spanish see ’09 HIGHLIGHTS on next page

Know how—and know now.

Extension helps you know how—and know now.
Research Confirms 4-H Youth Are Leaders and Contribute to Our Community

NEbraska 4-H has a long history of preparing youth for adulthood. Today, more than one out of three Nebraska youth is building life skills through participation in 4-H. Locally, more than 23,000 youth experienced 4-H youth development in Lancaster County. Why is this important? A research study shows youth development programs such as 4-H play a special and vital role in the lives of America’s young people.

Supported by the National 4-H Council, researchers at the Institute for Applied Research in Youth Development at Tufts University, led by youth development scholar Dr. Richard Lerner, conducted the study with assistance from land-grant universities such as University of Nebraska–Lincoln. They found youth have the capacity to thrive when presented with the resources for healthy development found in families, schools, and communities — regardless of background, socioeconomic status, race or gender.

Positive youth development builds upon what has become known as the “Five Cs”: Competence, Confidence, Character and Caring (Lerner, et al., 2005). Youth development programs like 4-H, reduce the likelihood of youth engaging in risk behaviors such as underage drinking, smoking, bullying and vandalism.

In the end, the study confirms 4-H youth are leaders, achieve higher marks in school, and contribute to self and society — all helping to strengthen the communities where they live.

To learn more about the study, go to http://4-H.org

Gary C. Bergman
UNL Extension Educator & Unit Leader

From NU to You

UNL Extension utilizes multiple delivery methods to impact people in Lancaster County and beyond, 24 hours a day.

University of Nebraska–Lincoln

http://lancaster.unl.edu

9.5 MILLION HITS

Kelly \& e-mail

Publications

Youth Activities & Schools

Programs & Workshops

Displays & Exhibits

Internet & e-mail

Video/ DVD

Media

Person to Person

Phone

UNL Extension in Lancaster County

UNL Extension in Lancaster County's Web site, http://lancaster.unl.edu, to find "Know How — Know Now" 24 hours a day, 7 days a year, 365 days a year. Visited by an average of 300,000 unique internet users from nearly 150 countries monthly. The site is updated daily. Not only do Lancaster County residents, Nebraskans and Americans use the site; this past year, 4-H Cam, YouTube videos, quizzies, Master Gardener Diagnostic Center, outstanding photos and much more. The site is updated daily. Not only do Lancaster County residents, Nebraskans and Americans use the site; this past year, 4-H Cam, YouTube videos, quizzies, Master Gardener Diagnostic Center, outstanding photos and much more.

Lancaster County Extension in Lancaster County now uses popular social networking Web sites to provide even more opportunities for you to connect, learn and share with our local extension office. Connect. Learn. Share.

YouTube: extension has three channels and currently has 60 videos uploaded, including 46 Lancaster County 4-H videos!

Twitter: follow extension by quickly exchanging ideas in a "tweet"

Facebook: 4-H EGG Cam Fan Page — get regular updates, share photos, comments and discuss what’s happening on EGG Cam. Join us online at http://lancaster.unl.edu/Media/index.shtml

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UNL Extension Educator & Unit Leader

Middle School Nutrition Kits

Lancaster County Nutrition Education Program (NEP) staff have developed curriculum and nutrition kits for grades 6-8 titled “Nutrition: Mission Middle School.” The 2008–09 school year was the initial year for NEP’s middle school enrichment program. NEP staff presented a handwashing activity when they delivered School Enrichment kits to 285 classrooms and nearly 5,400 students how to properly wash their hands to help prevent the spread of illness.

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Garden at City Mission

UNL Extension in Lancaster County and the People’s City Mission have formed a partnership to help create a garden for residents at the mission. Extension provided the expertise, manpower, volunteers and networking to establish the garden area and teach residents how to care for and harvest garden crops.
The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. Emphasis is on developing life skills through learning-by-doing. In the past year, 4-H reached more than 23,560 youth in Lancaster County. Lancaster County 4-H consists of:

- **Organized Clubs** — Lancaster County has more than 110 4-H clubs. Each club ranges from 5 to 78 members and is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.
- **Independent Members** — With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth work on 4-H projects on their own.
- **Projects** — Youth can choose from numerous 4-H projects. Project manuals are developed by experts and most project manuals have accompanying leader guides.
- **School Enrichment** — 4-H programs for classrooms include: Garbology (for 2nd grade), Embryology (for 3rd grade), Ag Awareness Festival (for 4th grade), Earth Wellness Festival (for 5th grade) and Nutrition Education Program (for K–8th grades in qualifying schools). These curricula meet Nebraska Curriculum Standards.
- **Leadership Opportunities** — 4-H Teen Council, 4-H Council, Citizen Washington Focus group and more.

### Honors, Awards and Accomplishments

**Extension Associate Mary Abbott** — 10 years of service with UNL

**Extension Educator Lorenzo Bartos** — 40 years of service with UNL

**Extension Educator Gary Bergman** — Director of the Eastern Nebraska 4-H Center Site Board
- co-presented a poster session “Nebraska Diamond Clover Recognition Program” at the National Association of Extension 4-H Agents (NAE-4-HA) Annual Conference
- Extension Educator Maureen Burson — national Distinguished Service Award presented by the National Extension Association of Family and Consumer Sciences (NEAFCS)
- Extension Educator Tom Dorn — North Central Vice Chair of the National Search for Excellence Committee; National Association of County Agricultural Agents (NACAA)
- Treasurer of Nebraska Cooperative Extension Association (NCEA)
- Extension Educator Alice Henneman — international Helen Druming Ulrich Annual Award of Excellence presented by the Society for Nutrition Education (SNE)
- 1st place national Educational Technology Communication Awards presented by the National Association of Family and Consumer Sciences (NCFCS)
- statewide Communicator of the Year award presented by the Nebraska chapter of the Association of Communication Excellence in Agriculture, Natural Resources, and Life and Human Sciences
- presented a poster session about “Supermarket Savings: Using a Web page, YouTube, Facebook and Pinterest to Educate Consumers” at the Society for Nutrition Education (SNE) Annual Conference

**Extension Associate Deanne Karmazin** — presented a poster session “Nebraska Diamond Clover Recognition Program” at the National Association of Extension 4-H Agents (NAE-4-HA) Annual Conference

**Extension Associate Tracy Kuhn** — member of team receiving national Communicator Award for Scientific Publication (for the statewide “Spotlight on...” newsletter) presented by the National Association of Extension 4-H Agents (NAE-4-HA) Annual Conference
- co-presented a poster session “Nebraska Diamond Clover Recognition Program” at the National Association of Extension 4-H Agents (NAE-4-HA) Annual Conference

**Extension Assistant Dana Willeford** — 5 years of service with UNL

**Extension Educator Karen Wobig** — presented a poster session “A Strategy to Increase Nutrition Education in School Classrooms” at the North Central Urban Extension Conference
- 10 years of service with UNL

**Lancaster County Nutrition Education Program** — part of Nebraska’s Experimental Nutrition Assistance Program — Education (SNAP-Ed) program which received Excellence in Nutrition Education award presented by U.S. Department of Agriculture (USDA) SNAP-Ed

**Embryology 4-H School Enrichment Program** — showcased in October 2009 Kansas Magazine International

**A new Pick-a-Pig project in 2009 gave urban youth an opportunity to raise and show a pig.**

“AmeriCorps Member is part of Go-Green Initiative”

This year, Sarah Bailey (pictured above) joined UNL Extension in Lancaster County as an AmeriCorps State and National member. AmeriCorps places members in local organizations for one-year terms. Sarah is a part of the AmeriCorps Recovery-Go Green Initiative which provides community outreach and service focused on environmental issues. At extension, Sarah works primarily with 4-H school enrichment and 4-H after-school programs.

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**Lancaster Extension Education Center Conference Facilities**

As part of extension’s commitment to community learning, the conference facilities at Lancaster Extension Education Center are made available to other nonprofit and governmental organizations at a nominal cost. Last year, more than 4,948 hours of conferences and meetings were held at the Extension Education Center.
Extension Helps You Put Knowledge to Work

**Yard & Garden**

UNL Extension plays a vital role in teaching communities horticulture issues customized for local weather, water, soil and pest conditions. Extension helps property owners develop healthy, diverse and functional landscapes that are energy- and water-efficient, as well as less dependant on pesticides.

The Master Gardener Training Program is a volunteer program where people are given training by UNL personnel and then in return, provide 40 hours of volunteer service to extension's educational programs. Extension Associate Mary Jane Frogge coordinates the Master Gardener program for Lancaster County.

**Farms & Acreages**

UNL Extension continues to make agricultural profitability and sustainability a priority issue. Extension Educator Tom Dorr fulfills this goal through numerous workshops and meetings, educational resources, person-to-person contacts and an up-to-date Web site. Some of the agricultural programs presented this year include: Crop Production Clinic, Private and Commercial Pesticide Applicator Trainings, Farmland Lease Arrangements workshops and a Corn/Soybean Profitability workshop.

Residential acreages are rapidly increasing in Lancaster County. Extension delivers information on a wide range of issues related to acreages such as proper management of septic tanks and wastewater lagoons, landscape management and alternative crops profitable for acreages. Extension offers an Acreage and Small Farms Insights Web site and monthly e-mail newsletter at http://acreage.unl.edu.

**Nutrition & Food Safety**

To help people learn to eat healthier, extension blends nutrition, food safety and food preparation information into practical actions individuals can use in their daily lives.

Educational materials developed by Extension Educator Alice Henneman for use in local programs (such as PowerPoints and handouts) are made available on the Internet for around-the-clock access, both locally and nationwide. Extension's food Web site received more than 4 million hits last year, extending the outreach of our food and nutrition-related programs in a timely and cost-efficient manner. This year, a Nutrition, Food Safety & Cooking YouTube channel was established and 10 videos uploaded to it which received 8,782 total "views."

The Lancaster County Nutrition Education Program (NEP) helps limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars. NEP receives funding from the Expanded Food and Nutrition Education Program (EFNEP) through USDA and the Supplemental Nutrition Assistance Program—Education (SNAP-Ed). NEP partners with more than 200 local agencies, coalitions and schools.

**Pests & Wildlife**

UNL Extension in Lancaster County has extensive resources to help identify pests and recommend control methods. Emphasis is on low-toxic control methods. Extension Educator Barb Ogg and Extension Associate Soni Cochran assist area residents via phone calls, walk-in requests, e-mail questions, publications, workshops and radio.

Extension's pest and wildlife Web site received nearly 2 million hits last year. Ogg often partners with community organizations and industry professionals in training and disseminating pest control resources and assistance. For the fifth year in a row, Ogg organized a two-day, hands-on Termite School for Termite Applicators.

**Home & Family Living**

Extension Educator Lorene Bartos shares her expertise on home maintenance, indoor air quality, lead paint hazards, safety in the home, shopping smart and recycling through the City of Lincoln’s extension’s Web site, her weekly column in the “Lincoln Journal Star,” group presentations and other outreach methods. This year, more than 100 individuals registered for her new, 13-week online program, Small Steps to Health and Wealth.

UNL Extension is part of the Lancaster County Coalition to assist Children of Parents Experiencing Divorce (COPE), and co-presents Parents Forever and Kids Talk About Divorce classes. Extension Educator Maureen Burson teaches Parents Forever and Guardianship Training classes in Lancaster County. She also organized a Strengthening Families: Daughter/Mother Camp this year.

**Family & Community Education (FCE) Clubs**

The Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. Lancaster County FCE’s emphasis is on community service and sponsoring a nursing scholarship. In the past 11 years, FCE has awarded $2,775 in total scholarships.

**I know how to make a budget now and am learning how to save my money and fix my credit.**

—RentWise participant

Five FCE & Community Leader Trainings were held in 2009.

**Plant and Pest Diagnostic Services**

Throughout the year, Lancaster County residents bring plant samples, insects, pests and wildlife “signs” to UNL Extension in Lancaster County. A free service, extension horticulturists and entomologists identify weeds, diseases and insects in and around the home and garden, and make recommendations about the best way to help manage these problems.

**Extension Helps with Buy Fresh Buy Local Nebraska to promote the benefits of locally produced food.**

**Extension Helps You Put Knowledge to Work**